

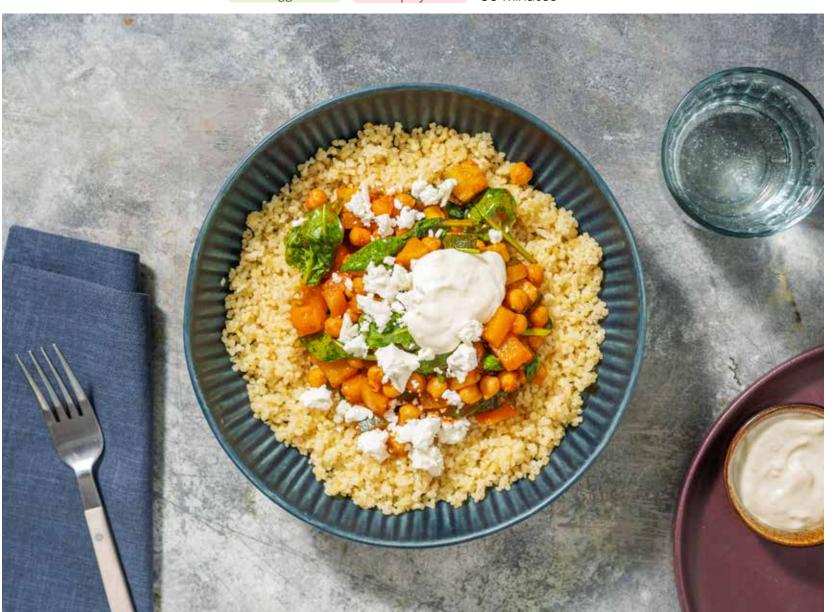
# Savoury Braised Chickpeas

with Feta and Garlic Toum

Veggie

Spicy

30 Minutes







Bulgur Wheat



Yellow Onion







Feta Cheese, block

Garlic, cloves

Sweet Bell Pepper



Vegetable Broth Concentrate



Tomato Sauce Base



Baby Spinach





Zucchini



**Curry Paste** 

# Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

#### Garlic Guide for Step 4:

- Mild: 1/4 tsp (1/2 tsp)
- Medium: ½ tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

#### **Bust out**

Measuring spoons, strainer, medium pot, small bowl, measuring cups, large non-stick pan

# Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Bulgur Wheat	½ cup	1 cup
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Feta Cheese, block	100 g	200 g
Vegetable Broth Concentrate	2	4
Tomato Sauce Base	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Mayonnaise	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Curry Paste	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> Pantry items

## **Allergens**

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



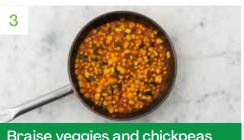
# Cook bulgur

- Add ½ cup (1 cup) water, ½ tsp (1 tsp) salt and half the broth concentrate to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add bulgur. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- · Season with salt, then fluff with a fork.



# Prep

- · Meanwhile, core, then cut pepper into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Peel, then cut half the onion into 1/4-inch pieces (whole onion for 4 ppl).
- Peel, then mince or grate garlic.
- Drain, then rinse chickpeas.



Braise veggies and chickpeas

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp (2 tbsp) oil, then onions, zucchini and peppers. Cook, stirring occasionally, until veggies soften, 5-6 min.
- · Reduce heat to medium. Add chickpeas, curry paste, tomato sauce base, 1 cup (2 cups) water, remaining broth concentrate and half the garlic.
- · Simmer, stirring occasionally, until liquid reduces slightly, 6-7 min.
- Remove the pan from heat.
- Season with salt and pepper, to taste.



# Make garlic toum

- Meanwhile, add mayo, ½ tbsp (1 tbsp) water and 1/4 tsp garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with salt and pepper, then stir to combine.
- Roughly chop **spinach**.



### Finish and serve

- Add spinach to the pan with braised chickpeas. Stir until wilted, 1-2 min.
- Divide bulgur between bowls, then top with braised chickpeas.
- Crumble feta over chickpeas. Dollop garlic toum on top.

# **Dinner Solved!**

## Contact

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